

Christian Heritage School Summer Mailing 2010 - 2011

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Christian Heritage School

575 White Plains Road Trumbull, CT 06611
Tel 203.261.6230 Fax 203.452.1531 www.kingmsen.org

A Letter from Our Interim Head of School

A verse that might describe this summer is Isaiah 43:19: “See, I am doing a new thing! Now it springs up; do you not perceive it?” We are beginning a year of change for our school, one in which we can clearly see God’s consistent hand of blessing is still with us. He is indeed doing some “new things” among us!

It is with great honor that I am writing this summer letter to you. While assuming the role of Interim Head of School is a big change for me, I feel very privileged to have the opportunity to serve the Christian Heritage community in this way. I appreciate how many of you have indicated your support and prayers, and I feel God’s blessing and strength each day as a result.

I am so thankful for the support of both a strong Administrative Team and a dedicated Board of Directors. Both of these groups are committed to this ministry and the work we are doing to get ready for the 2010-11 school year. We are also blessed with a strong Search Committee and a talented search firm under the direction of Bret Dalton. Together we are seeking God’s guidance as we put plans in place to identify the next Head of School. We ask for your continued prayer for this process and will keep you informed on the progress that is being made.

We are currently working on solidifying faculty and staff positions for the coming year, and are busy processing new student applications and finalizing re-enrollments. I plan to update you on faculty and staff changes, as well as new class lists, later in the summer. Our website is also in the process of being updated and I encourage you to check the Back to School page periodically for other important information and announcements.

This school has and always will be God’s school. Having been at CHS since the school began, I can testify to the fact that He has graciously kept His hand upon all aspects of its growth and development throughout our entire history. We know this blessing will continue into this thirty-fourth year of partnering with you to provide an education of spiritual and academic excellence for your children. We are excited as we look forward to the “new things” He has in store for us this year.

God bless you and give you a wonderful summer!

Sincerely in Christ,

June Vangor
Interim Head of School



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Lower School Principal's Message

Dear Lower School Parents,

I trust that you are enjoying your children and time as a family in this hopefully more restful time of the year. I am praying that you have a blessed and enjoyable summer. I am looking forward to the coming school year. We begin the Everyday Math program in grades K-3 and our teachers and I are excited about this new opportunity for your children.

As July ends the start of the school year is just around the corner. Attached is information about the coming school year, the calendar, dress code, and what your child needs to prepare for the upcoming year. A reminder that the summer reading assignments, and math practice are on our website under "summer studies". Also the supply lists are on the website under the "back to school" link. The math books for grades K-3 are available in the main office. Please see Kim Clark. The cost of the Kindergarten math books is \$18 and the cost of the math books for Grades 1, 2 and 3 is \$40. You may pay by check or cash. Your children will need these books by the beginning of school.

Our school start time for the coming year is 7:50 a.m.; students will be picked up from the gym by their teachers at 7:40 a.m. Dismissal will be at 2:30 p.m.

I am excited for the coming year and look forward to seeing you all again. Enjoy the last few weeks of the summer with your children.

Please let me know if I can help you with anything.

In Christ,

Alan J. Hayes
Lower School Principal



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Middle School Principal's Message

We are very excited for the changes in the Middle School this year! The most important is that we have located the Middle School into one wing of the building which will allow for the development of a Middle School neighborhood and more integration of the Middle School curriculum. I am looking forward to the further development of the spiritual and social programs for the Middle School students.

One of the key aspects of the spiritual and social program in the middle school is the fall retreat. The retreat allows for the development of relationships among students, and more importantly, between the students and faculty. We are creating a wonderful program that allows for both the social interaction and spiritual direction that becomes the theme of our chapels and community in the Middle School throughout the year.

The Middle School community will depart for Lakeside Christian Camp on **September 9 at 8:00 a.m.** We will transport students to Lakeside using Trumbull school buses; each grade will have its own bus. When we arrive at Lakeside, students will be allowed to unpack in their cabins. Each grade will be housed together and separately from the other grades. Chaperones will be visible and available during all the activities of the retreat.

One of the key aspects of the retreat is the development of community, as well as the elimination of distractions so that students may hear God. Therefore, we do ask that students not bring any electronics with them on the retreat except cameras. Cell phones may be brought but must be left in the cabin and may only be used with permission if a child needs to contact a parent for an emergency. You may contact Mrs. Keegan at 203-804-2519 if you need to get a message to your child.

If you have any questions regarding the retreat, please contact Mrs. Cindy Keegan at extension 574 or at ckeegan@kingsmen.org. **Please be sure to return the fall retreat permission slip (page 22 of this mailing) by Friday, September 3rd to the Upper School Office.**

We believe this is going to be a great year for Christian Heritage Middle School and in the life of your child. We look forward to partnering together to help your child reach spiritual and academic excellence.

Sincerely in Christ,

Cindy Keegan
Middle School Assistant Principal



Christian Heritage School

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Upper School Principal's Message

Welcome to the 2010-2011 school year!

I am so thankful for Christian Heritage School! This special community of teachers, parents and students came together this past June in our annual graduation ceremony and first ever baccalaureate service to celebrate God's blessings. We joyfully observed no less than lives changed and young people prepared for service in His Kingdom.

It is exciting to be a part of the work of teachers and staff seeking to impart God's truth while partnering with families who want to secure the assistance of these extraordinary educators and workers.

What's different about Christian Heritage School?

Our students receive a first rate education *grounded in and governed by the Word of God!* Our graduates are equipped to compete and to excel with godly character and deep integrity in a world that needs these attributes.

Our students are provided Christian teachers with a significant and distinct advantage. Specifically, a teacher who is a follower of Jesus has access to the scriptures, perceives subjects and courses as "under" scripture and has powerful insights into the authority and nature of God. In short, CHS will guide students to study in the Word and Truth of God and prepare them to explore the world God created.

We have a common faith in Christ. In *I Corinthians 10* we recognize that we need to take our faith seriously; in other words, do what is *beneficial and constructive!* In *I Thessalonians 5* we are exhorted to "test everything – hold onto the good!" This is what motivates and excites us, living for Christ while learning together. We are thankful for this community of learners dedicated to the Lord and committed with a unity of purpose.

As we seek together to become more like Christ, we are challenged to discipline our study in His Word, and with God's help, want to respond to Him with grateful hearts for His amazing grace! Prepare for God to do great things in our school this year.

Bruce Stempien
Upper School Principal

2010-2011 CHS SCHOOL CALENDAR

No School () Teachers Days (No School) # Half Day, dismissal at 11:30 a.m.

July					August					September				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
			1	2	2	3	4	5	6			1#	2	3
5	6	7	8	9	9	10	11	12	13	<input type="checkbox"/> 6	7	8	9	10
12	13	14	15	16	16	17	18	19	20	13	14	15	16	17
19	20	21	22	23	23	24	(25)	(26)	27	20	21	22	23	(24)
26	27	28	29	30	30	31				27	28	29	30	
										1 First Day of School 6 Labor Day 24 Faculty In-Service				
October					November					December				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
				1	1	(2)	3	4	5			1	2	3
4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
<input type="checkbox"/> 11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
18	19	20	21	(22)	22	23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	20	21	22	23	24
25	26	27	28	29	29	30				27	28	29	30	31
11 Columbus Day 22 Parent/Teacher Conferences					2 Faculty In-Service 24 - 26 Thanksgiving Recess					20 - 31 Christmas Break				
January					February					March				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
3	4	5	6	7		1	2	3	4		1	2	3	4
10	11	12	13	(14)	7	8	9	10	11	7	8	9	10	11
<input type="checkbox"/> 17	18*	19*	20*	21*	14	15	16	17	18	14	15	16	17	(18)
24*	25	26	27	28	21	22	23	24	25	21	22	23	24	25
31					28					28	29	30	31	
14 Faculty In-Service 17 Martin Luther King Jr. Day 18 - 24 Gr. 9 -12 Exams - 1/2 Day					21 - 25 Winter Recess					18 Parent/Teacher Conferences In-Service				
April					May					June				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
				1	2	3	4	5	6			1	2	3
4	5	6	7	8	9	10	11	12	13	6#	7#	8#	9#	(10)
11	12	13	14	15	16	17	18	19	20	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	20	21	22	23	24
<input type="checkbox"/> 25	26	27	28	29	<input type="checkbox"/> 30	31				27	28	29	30	
18 - 22 April Break 25 Easter Monday					30 - Memorial Day					4 Graduation 6-9 Final Exams (Gr. 6 - 11) 9 Last Day of School 10 Teacher Work Day				

CHS ACTIVITIES SCHEDULE 2010-2011

-Dates and times are subject to change-

Aug. 19	Kindergarten Story Time	Nov. 6	SAT's
Aug. 23	Fall Varsity Athletics Begin	Nov. 9	K-12 Veterans' Day Assembly, 9:30am
Aug. 23-26	International Student Week	Nov. 9	Life in the High School, 7:30pm
Aug. 24	Gr. 6-12 New Student Orientation & Picnic, 10:00-12:30pm	Nov. 11	Open House, 9:00am
Aug. 24	New Parent Dessert, 7:30pm	Nov. 11	Veterans' Day
Aug. 25-26	Faculty Orientation	Nov. 15	Winter Athletics Begin
Aug. 25-28	Boys' & Girls' Varsity Soccer Retreat, Valley Forge, PA	Nov. 15	ACSI Spelling Bee
Sept. 1	First Day of School; 11:30am Dismissal; Regular dress code day	Nov. 16	Early College Planning for parents of juniors, 7:30pm
Sept. 2	K-12 Dedication Service & Picnic, 5:30pm (rain date 9/3)	Nov. 18	Boys' Vars. Basketball departs for retreat, 1:00pm
Sept. 6	No School, Labor Day	Nov. 18-20	Boys' Varsity Basketball Retreat
Sept. 7	Athletics Kickoff Meeting, 7:30pm	Nov. 19	K-12 Paid Dress Down Day
Sept. 9-10	Gr. 6-8 Retreat (Lakeside); Gr. 9-12 Retreat (Lake Champion)	Nov. 20	Admissions Testing, 8:30am
Sept. 11	CHS Tag Sale	Nov. 20	CMEA Western Regional Auditions
Sept. 13	Gr. K-5 Back-to-School Night, 7:30pm	Nov. 23	Lower School First Trimester Ends
Sept. 17	K-12 Paid Dress Down Day (Student Gov't)	Nov. 24-26	No School, Thanksgiving Recess
Sept. 17	K-12 Student Government sponsored Drive-In	Dec. 1	Gr. 4-8 Concert, 7:30pm (12/15 snow date)
Sept. 20	Gr. 6-12 Back-to-School Night, 7:30pm	Dec. 2	Gr. K-3 Concert, 8:30am (12/16 snow date)
Sept. 21	Open House, 9:00am	Dec. 4	SAT's
Sept. 23	College Application Strategies for the Class of 2011, 7:00pm	Dec. 7	Open House, 9:00am
Sept. 23	Class of 2011 Parent & Student Meeting, 8:00pm	Dec. 7	Gr. 9-12 Concert, 7:30pm (12/14 snow date)
Sept. 24	No School, Faculty In-Service	Dec. 10	PTL Christmas Lane
Sept. 30	Christian College Fair at the Masters School, 10:00am-12:00pm	Dec. 17	K-12 Paid Dress Down Day
Oct. 5	Picture Day- Individuals	Dec. 20	CHS Night at the Fairfield Community Theater, 7:00pm, "It's a Wonderful Life"
Oct. 6	Picture Day- Classes	Dec. 20-Jan. 2	No School, Christmas Recess
Oct. 7-8	Grade 11 Boston Trip	Dec. 27	Men's Alumni Basketball Game, 7:00pm
Oct. 9	SAT's	Jan. 4	Open House, 7:30pm (snow date 1/25)
Oct. 11	No School, Columbus Day	Jan. 8	Student Gov't Sponsored trip to Broadway
Oct. 15	Homecoming Weekend- Games at CHS and Indian Ledge; Alumni BBQ between soccer games	Jan. 10	Tuition Assistance Applications due for current families
Oct. 16	PSAT's	Jan. 10	Prayer Meeting, 7:30pm
Oct. 16	Senior Class Fall Festival, 9:30-3:00pm	Jan. 11	Life in the Middle School, 7:30pm
Oct. 16	Soccer & Volleyball Games at Indian Ledge & CHS	Jan. 13	Upper School Second Quarter Ends
Oct. 18	Open House, 9:00am	Jan. 14	No School, Faculty In-Service
Oct. 19	Financing a College Education, 7:00pm	Jan. 14	Gr. 6-12 Student Gov't Sponsored Ski Trip
Oct. 21	CHS Night at the Fairfield Community Theater, 7:00pm, movie TBD	Jan. 15	CMEA Western Regional Concert
Oct. 21-22	Fall Uniform Sale	Jan. 17	No School, Martin Luther King, Jr. Day
Oct. 22	No School (K-12)	Jan. 18	Upper School (Gr. 6-12) Exams & Early Dismissal, 11:30am
Oct. 22	Parent-Teacher Conferences 8:00am-3:00pm, by appt. only	Jan. 19	Upper School (Gr. 6-12) Exams & Early Dismissal, 11:30am
Oct. 30	The Heritage Gala, Trumbull Marriott	Jan. 20	Upper School (Gr. 6-12) Exams & Early Dismissal, 11:30am
Nov. 1	Upper School First Quarter Ends	Jan. 21	Upper School (Gr. 6-12) Exams & Early Dismissal, 11:30am
Nov. 1	Prayer Meeting, 7:30pm	Jan. 21	Middle School Ice Skating Social, 10am-1pm
Nov. 2	Faculty In-Service, No School	Jan. 22	SAT's
Nov. 2	Election Day	Jan. 22	Upper School (Gr. 6-12) Exams & Early Dismissal, 11:30am
Nov. 5	Fall Drama, 7:30pm	Jan. 24	2011-12 Tuition Rates posted on website; re-enrollment packets available for pick-up
Nov. 6	Fall Drama, 1:00pm and 7:30pm	Jan. 24	Summer Missions Trip Meeting for students & parents, 7:30pm
		Jan. 27	Re-enrollment packets sent out
		Jan. 28	Senior Class Sponsored Talent Show, 7:00pm
		Jan. 29	

	(snow date 2/5)	May 7	SAT's
Jan. 31	ACSI Creative Writing Festival	May 9	The 12 th Annual Heritage Golf & Tennis Classic
Feb. 2	Gr. K-5 Parent Classroom Visitation		
Feb. 3	National Honor Society Induction Assembly	May 12	Student Gov't Speeches Assembly
Feb. 11	Open House, 9:00am	May 12	Gr. 9-12 Spring Concert, 7:30pm
Feb. 14-18	Upper School Spirit Week	May 13	Senior Banquet
Feb. 15	Tuition Assistance Seminar, 7:30pm	May 16	Open House, 9:00am
Feb. 21-25	No School, Winter Recess	May 16	Prayer Meeting, 7:30pm
Feb. 24	CHS Night at the Fairfield Community Theater, 7:00pm, movie TBD	May 17	Gr. 4-8 Spring Concert, 7:30pm
		May 18	Gr. K-3 Spring Concert, 8:30am
Feb. 28	Re-enrollment due	May 19-20	Bushy Hill, Grade 4
March 1	Open House, 9:00am	May 21	Admissions Testing, 8:30am
March 1-2	Science Fair (grades 8 & 11)	May 23-25	Senior Final Exams
March 4	Lower School Second Trimester Ends	May 24	Varsity Athletics Awards Program, 7:30pm
March 4	Spring Musical Set Construction	May 25	Middle School Awards Program, 7:00pm
March 7	Prayer Meeting, 7:30pm	May 25-27	Grade 10 Maine Trip
March 8	Early Childhood Development Seminar, 7:30pm	May 26-31	Senior Class Trip to Orlando, FL
March 10-13	Boys' Vars. Basketball National Tournament, Erie, PA	May 26	Grade 6 Lake Compounce Trip
		May 30	No School, Memorial Day
March 12	SAT's	June 2	Senior Chapel
March 12	Admissions Testing, 8:30am	June 2	Gr. 9-12 Awards Assembly, 12:00-2:00pm
March 14-17	Faculty Appreciation Week	June 2	K & 12 Bell Ceremony, 2:00pm
March 17-18	Spring Uniform Sale	June 2	Graduation Rehearsal, 4:00pm
March 17	Spring Musical, 7:00pm	June 3	Baccalaureate, 5:00pm (tentative location-Calvary Church)
March 18	No School, K-12- Professional Development & Teacher's Conferences	June 3	Lower School Third Trimester Ends
March 18	Spring Musical, 7:30pm	June 3	Upper School Fourth Quarter Ends
March 19	Spring Musical, 1:00pm & 7:30pm	June 4	SAT's
March 21	Spring Athletics Begin	June 4	Graduation, 2:00pm
March 21-25	Lower School Stanford Achievement Tests	June 6-7	Lower School (Gr. K-5) Field Days
March 22	Open House, 9:00am	June 6-7	Lower School (Gr. K-5) Dad's Days
March 22	ACSI Math Olympics	June 6-9	Gr. K-11 Early Dismissal, 11:30am
March 22	Kaleidoscope: A Concert of All Bands at CHS, 7:30pm (tentative)		Gr. 6-11 Final Exams
March 23-27	Spring Baseball & Softball Training, Florida	June 8	Kindergarten Morning Assembly in Gym
March 25	K-12 Paid Dress Down Day (for outreach)	June 9	Last School Day
March 25	Upper School Third Quarter Ends	June 9	Grade 5 Promotion
March 28-Apr. 1	Spiritual Emphasis Week, Grades K-12	June 9	Middle School Six Flags Trip
April 4	Open House, 9:00am	June 10	Teacher Work Day
April 6	Grandparents' Day, 11:30-1:00pm (Gr. K-5)	June 13	Summer Programs Begin
April 9	CMEA All State Concert		
April 12	K-12 Art Show, 7:00pm		
April 15	Tuition Assistance Applications for new families due		
April 16	CHS Spring Tag Sale		
April 19	L.S. Parent Meeting- Life in the Lower School with Mr. Hayes, 7:30pm		
April 20-28	Europe Trip, grades 9-12		
April 22	No School, Good Friday		
April 25-28	No School, Spring Recess		
May 2-11	AP Exams		
May 3	Faculty/Staff Appreciation Dinner		
May 4-6	Grade 8 Gettysburg Trip		
May 4-6	Grade 9 Philadelphia Trip (tentative)		
May 5-6	Grade 7 NYC Trip		
May 5	ACSI Art Festival		
May 6	Junior Banquet		



CHRISTIAN HERITAGE SCHOOL FAMILY DEDICATION SERVICE AND PICNIC

Thursday, September 2, 2010



Picnic begins at 5:30pm
Dedication Service begins at 7:00pm

- All students grades K-12, parents, faculty, and Board of Directors are invited!
- Join us for this great night of food, fellowship, worship, prayer and celebration!
- Child care will be provided in the school building for pre-school age children (during the service portion from 7:00pm to 7:45pm).



Families A-L please bring a dessert to share
Families M-Z please bring a salad or side dish to share

RSVP appreciated! Please call or email Smeyer@kingsmen.org or 203-261-6230, ext 595 with the number attending... Thank You!

*"Since you are my rock and my fortress,
for the sake of your name, lead and guide me..."*
- Psalm 31

Parking: Please park in the commuter lot or in Calvary Church parking lot.
Shuttle bus service will be provided.



Summer Studies

Summer reading is an essential part of a student's development. In the Lower School (grades K – 5), students are asked to “read-read-read” and keep a list of books read this summer. In addition to the summer reading in grades K-5, we are recommending that students do some math practice to continue to use the skills and concepts they learned during the school year. In September we want our students to start the year confident with the prerequisite skills from the prior year so they will meet with success for the new school year. We recommend the Summer Math Skills Sharpener by TRI-C Publications Inc. This is optional and not required; but we believe that with this practice over the summer, students will greatly benefit in the fall and in the years ahead.

In the Upper School (6 – 12) there are specific requirements depending on a student's grade level and/or class schedule.

You can access the summer reading information on the school's website (www.kingsmen.org) under the links “High School – Summer”, “Middle School – Summer” and “Lower School – Summer Studies.”



Textbook Ordering

Parents need to purchase their student's textbooks prior to the first day of school. The school's official book seller is Follett Books, but parents may purchase books from many potential sources. When making purchases be sure that the ISBN numbers match. You can obtain a book list from the school website or from the CHS Main Office.

To purchase from Varsity Books, follow these simple steps:

- Log onto efollett.com
- Select US Schools K-12
- Select state (CT)
- Select institution (CHS)
- Submit
- Under Textbooks click on "Just Click Here"
- Select your term (2010 – 2011)
- Select your department

Lower School: *select grade--select course--select your section(ALL)--submit.* This should bring up a list of all required books for this grade. *Note: The math books for grades K-3 are available in the main office. The cost of the kindergarten math books is \$18 and the cost of the math books for Grades 1,2, and 3 is \$40. Your children will need these books by the beginning of school.*

Upper School: *select subject (Bible, etc.)--select your course (Bible 7, 8, 9, etc.) --select your section(ALL)--submit.* This should bring up a list of all books required for this course. Note: Please check under the Additional Course/Section Information as some grades have additional books not available from Follett.

Click on "Select another Course" to return to main screen. Select Department and continue to search each subject needed for your child's course selection.

Course Selections are available on Power School. If you have any questions about your child's course selection please contact the Upper School Office.

2010 - 2011 DRESS CODE GRADES K-5

BOYS

In accordance with the mission and purpose of Christian Heritage School, the following Dress Code exists:

Shirts:

- Polos:
 - 3-button front with collar
 - White, navy blue, light blue or light yellow
 - Long or short sleeve
- Oxfords:
 - White or light blue
 - Long or short sleeve
- Turtlenecks: Navy blue or white; to be worn only under a pull over sweater
- **All shirts must be tucked in**

Pants/Shorts:

- Khaki or navy blue
- Traditional uniform style and fit
- No corduroy or cargo pants; no contrasting stitching
- Shorts should be worn only during September – October and April -June
- Shorts must be Bermuda style and length (to knee)
- All pants/shorts must be worn with a belt (black or brown –no metal decorations)
(Exception – pants for Kindergarten, grade 1: optional - style w/ no belt loops)

Sweaters:

- Uniform style cardigan, crew, v-neck or vest
- White, navy blue or light yellow
- Must be worn over a shirt or turtleneck

CHS Sweatshirts - if worn during the school day:

- Only CHS purchased w/ CHS logo allowed
- Must be proper fit – no oversized or extremely large
- No hooded sweatshirts or fleeces of any type to be worn inside – only for outside play

*Tie:

- Solid navy blue
- Must be worn with an oxford shirt all day on Chapel Days

Shoes:

- Sneakers: recommended for daily use and must be worn by K-3 on gym days
- No flip-flops or other slip on shoes – safety issue on playground
- Oxford, loafer styles optional

Hair/Jewelry:

- Hair: natural color
- Length: above the ears and shirt collar
- No pierced earrings or other body piercing

*If a boy forgets his tie on Chapel day three times, he will be asked to wear the tie each day for one week. If he continues to forget his tie, he will be asked to wear the tie for one week after two times. If it is repeated a third time, the tie will be worn for one week after forgetting one time. This record does not clear at the beginning of each new marking period, but accumulates over the course of the school year.

2010 - 2011 DRESS CODE GRADES K-5

GIRLS

In accordance with the mission and purpose of Christian Heritage School, the following Dress Code exists:

Blouses/Shirts:

- Polos:
 - 3-button front with collar
 - White, navy blue, light blue or light yellow
 - Long or short sleeve
 - Modest fit – straight cut, loose fit
- Oxfords/Blouses:
 - White or light blue, Peter Pan collar or button down collar
 - Long or short sleeve
 - Modest fit – straight cut, loose fit
- Turtlenecks: Navy blue or white, **to be worn only under a pull over sweater or a jumper**
- **All shirts must be tucked in**

Jumpers: Khaki or navy blue, dropped waist style. **Must come to the knee**

Skirts/Skortts: Uniform styles, khaki or navy blue. **Must come to the knee**

Pants/Shorts:

- Khaki or navy blue
- Traditional uniform style and fit
- No corduroy or cargo pants, no contrasting stitching
- Shorts should be worn only during September – October and April -June
- Shorts must be Bermuda style and length (to knee)
- All pants/shorts must be worn with a belt (plain black or brown –no decorations)
(Exception – for Kindergarten, grade 1: optional - style w/ no belt loops)

Sweaters:

- Uniform style cardigan, crew, v-neck or vest styles
- White, navy blue or light yellow
- No zippers or hoods
- Must be worn over a shirt, blouse or turtleneck

CHS Sweatshirts - if worn during the school day:

- Only CHS purchased w/ CHS logo allowed
- Must be proper fit – no oversized or extremely large
- No hooded sweatshirts or fleeces to be worn inside – only for outside play

Shoes:

- Sneakers: recommended for daily use and must be worn by K-3 on gym days
- No flip-flops or other slip on shoes – safety issue on playground
- Boots can be worn to and from school, but not all day
- Other shoes – optional, but must have backs and be worn with socks or tights

Socks/Tights/Leggings:

- Navy blue or white only
- Leggings without foot section must be worn with socks covering.
- No loose fitting pants or sweats allowed in place of legging or tights

Make-up/Jewelry:

- Make-up: not allowed in the Lower School
- Jewelry: modest and not distracting
- No body piercing other than earrings
- Hair: natural color

**CHRISTIAN HERITAGE SCHOOL
UPPER SCHOOL UNIFORM DRESS CODE 2010-
2011**

<p style="text-align: center;">PANTS, CAPRIS AND SHORTS</p> <ul style="list-style-type: none"> • Khaki or Navy Blue • Belts must be worn • No Cargo type • Properly sized (no sagging/no visible undergarments) • Shorts at knee length 	<p style="text-align: center;">SWEATSHIRTS/FLEECE WORN OVER UNIFORM SHIRT</p> <ul style="list-style-type: none"> • Any CHS logoed non-hooded sweatshirt, fleece or athletic wear • Should be appropriately sized • No ripped or cut collars <p>FRIDAYS ONLY:</p> <ul style="list-style-type: none"> • CHS logoed "hoodies" may be worn with no ripped or cut collars • Hoods are not to be worn up in school 	<p style="text-align: center;">SHIRTS</p> <p style="text-align: center;"><i>Logos must be smaller than a 50c coin</i></p> <p style="text-align: center;">POLOS:</p> <ul style="list-style-type: none"> • <i>Grade 6-11:</i> white, navy, gray or burgundy • <i>Grade 12:</i> any color or pattern • Loosely fitted, hip length • No visible midriff or camisoles • Tucking optional • Solid white undershirt may be visible only at collar <p style="text-align: center;">OXFORDS:</p> <ul style="list-style-type: none"> • <i>Grades 6-11:</i> white or light blue • <i>Grade 12:</i> any color or pattern • Loosely fitted straight cut, and tucked in 	<p style="text-align: center;">HAIR</p> <ul style="list-style-type: none"> • Natural in color • Neat in appearance • Boys: hair MUST be above the eyes, ears and shirt collar • Boys are to be clean shaven
<p style="text-align: center;">SWEATERS WORN OVER UNIFORM SHIRT</p> <ul style="list-style-type: none"> • Solid color, knit – navy, burgundy, gray or white • No cropped or hooded sweaters • <i>Grade 12:</i> Any color or pattern 	<p style="text-align: center;">SKIRTS AND SKORTS AND DRESSES</p> <ul style="list-style-type: none"> • No skirts or "skorts" or dresses 	<p style="text-align: center;">SHOES</p> <ul style="list-style-type: none"> • Clean and neat • No slippers • No rubber / shower-type flip flops • No work style boots 	<p style="text-align: center;">NEVER ALLOWED</p> <ul style="list-style-type: none"> • Hats • Jackets or coats • Ripped, frayed or soiled clothing
<p style="text-align: center;">CHAPEL DAY USUALLY THURSDAYS</p> <ul style="list-style-type: none"> • White or light blue oxford shirts for all students and must be tucked in • No Polo Shirts • Boys must wear a tie 	<p style="text-align: center;">DRESS DOWN DAY</p> <ul style="list-style-type: none"> • No torn jeans or pants • No visible undergarments • Shorts must be knee length • Properly fitting pants and tops • No leggings • No tight fitting clothing • No flannel pants • No skirts or dresses • Modest necklines • No hats • Shirts must have sleeves 	<p style="text-align: center;">DESIGNATED ATHLETIC DAY</p> <p>Special Athletic Days</p> <ul style="list-style-type: none"> • Boys: shirt and tie • Girls: Dress up (<i>guidelines to be set by athletic department</i>) <p>Designated Jersey Day</p> <ul style="list-style-type: none"> • Worn with dress code pants • CHS Jersey MUST be visible • NO JEANS or SWEATS 	<p style="text-align: center;">JEWELRY</p> <ul style="list-style-type: none"> • Boys: earrings and body piercings are not permitted • Girls: piercings are to be limited to the ears with a maximum of two earrings per ear • No lip or nose piercings are permitted • Visible tattoos are not permitted
<p style="text-align: center;"><i>Please Note</i> This uniform dress code is a guideline for students and parents. All judgments regarding specific clothing items will be made by the administration. This code is in effect between the hours of 7:30 am and 2:30 pm.</p>		<p style="text-align: center;"><i>Shirts and pants are not to promote products or make statements that may be judged contrary to the CHS mission statement.</i></p>	



UPPER SCHOOL

SPECIAL INFORMATION REGARDING DRESS CODE

AS OF JULY 2010

- **Birthdays**
Students and teachers may have a dress down day on the 1st Friday of his/her birth month. Summer birthdays will be used as follows – July in June and August in September.
- **Field Trips**
Students should plan to dress in standard school dress code for all field trips unless specified otherwise by the school administration and the sponsoring teacher. If students are allowed to dress down, they must comply with the “dress down” guidelines.
- **Paid** Dress down days will be announced.



Lower School Supply List 2010-2011

KINDERGARTEN:

- Book or tote bag (Large enough to hold pocket folder and is easy to open & close – **No wheels.**)
- 1- Folder with pockets at bottom edge (No pockets at side of folder, please.)
- Small lunch box or bag (**No thermoses**, please. Snap-top juice bottles are fine.)

GRADE 1:

- Book or tote bag (**No wheels**)
- Small plastic school box with snap lid
- 1 – Box of washable markers
- 1 – Box of crayons
- 3 – Large glue sticks
- 3 – Folders with pockets
- Flashcards – Add/Sub (For home use)
- NIV Bible (Can Purchase at CHS for \$10)

GRADE 2:

- Book or tote bag (**No wheels**)
- Small plastic school box with snap lid
- 1 – Box of washable markers
- 1 – Box of crayons
- 2 – Red pens
- 3 – Folders with pockets
- Flashcards – Add/Sub (For home use)
- 1 – Mead composition book (100 pages)
- NIV Bible (Can Purchase at CHS for \$10)

GRADE 3:

- Book or tote bag
- Small plastic school box with snap lid
- 1 – Box of crayons
- 1 – Box of colored pencils
- 4 – Red pens
- 4 – Folders with pockets
- Scissors (Student/Blunt)
- Ruler
- Flashcards – Add/Sub (For home use)
- Flashcards – Mult/Div (For home use)
- 2 – Mead composition book (100 pages)
- 1 - 3 Ring binder (Thin for Spanish)
- NIV Bible (Can Purchase at CHS for \$10)

GRADE 4:

- Book or tote bag
- Small plastic school box with snap lid
- 1 – Box of crayons
- 1 – Box of colored pencils
- 5 – Red pens
- 5 – Folders with pockets
- Scissors (Student/Blunt)
- Ruler
- 1 – Mead composition book (100 pages)
- 2 – Spiral notebooks (70-100 pages)
- 1 - 3 Ring binder (Thin for Spanish)
- Student dictionary
- NIV Bible (Can Purchase at CHS for \$10)
- Gym bag

GRADE 5:

- Book or tote bag
- Small plastic school box with snap lid
- 1 – Box of crayons
- 1 – Box of colored pencils
- 5 – Red pens
- 5 – Folders with pockets
- Scissors (Student/Blunt)
- Ruler
- 2 – Mead composition book (100 pages)
(1 graph and 1 lined)
- 1 – Spiral notebooks (70-100 pages)
- 1 - 3 Ring binder (Thin for Spanish)
- Supply of wide rule loose leaf paper
- Merriam Webster Dictionary
- Random House Roget's Thesaurus
- NIV Bible (Can Purchase at CHS for \$10)
- Gym bag
- Student planner (*Supplied by CHS)

Please note:

***One (1) CHS gym shirt will be provided to each student in grades 4 and 5 on the first day of gym class. Additional gym shirts are available for purchase at the athletic office. Blue shorts are required for gym class but must be purchased outside of CHS.**

***Student planners will be provided to each student in grade 5 on the first day of school.**



Upper School Supply List 2010-2011

GRADE 6:

- Gym Bag
- Scissors (blunt end)
- 3 - Mead Composition Books (100 pgs)
- Supply of standard wide-ruled loose leaf notebook paper
- 3-ring binder with 7 dividers
- 3- 1st-2nd (3-ring) binders with dividers
- 3 - Red pens
- 2 - Blue or Black pens
- 3 - Yellow Highlighters
- 4 - #2 pencils; 4 - #5 mechanical pencils
- 1 - pack of 3x5 ruled index cards
- Markers & colored pencils
- Merriam Webster Dictionary (optional)
- Random House Roget's Thesaurus (optional)
- Lock for locker-*optional (Must be purchased at CHS)*
- 2 - 8 ½ x 11 Spiral notebooks for writing
- Calculator with Functions
- **Exploratory Spanish** 1-1st 3-ring binder with dividers and notebook paper, crayons or colored pencils, and scissors

GRADES 7 & 8:

- 3 - Mead Composition Books (100 pgs)
- Supply of standard wide-ruled loose leaf notebook paper
- Supply of Graph paper
- 1st or 2nd (3 ring) binders for each subject with tabbed dividers (at least 5 dividers)
- 3 - Red pens
- 6 - Blue or Black pens
- 3 - Yellow highlighters
- 6 - #2 Pencils (Mechanical Pencils for Math classes and Scantrons)
- 1 - pack of 3x5 ruled index cards
- Erasers
- Ruler
- TI-83 plus (or better) graphing calculator (must have SQ. ROOTS, SIN, COS, TAN functions)

GRADES 9-12

- Single subject notebook with pockets and a 3-ring binder are required for all other classes. Dividers with pockets are suggested. Mechanical pencils are requested.
- Supply of standard wide-ruled loose leaf notebook paper
- Supply of Graph paper
- Blue or Black & Red pens
- Highlighters
- #2 Pencils (Mechanical pencils for Math classes and Scantrons)
- **Mrs. Reens-Geometry** TI-83 (or better) calculator (with SIN, COS, TAN functions) compass, protractor ruler
- **Algebra II, Trig/Functions, Calculus** TI-83 (or better)

Please note: One (1) CHS Gym Shirt will be provided to each student in grades 6-11 on first day of gym class. Additional gym shirts are available for purchase in the CHS Athletic Office. Students will need to purchase their own blue shorts elsewhere.

Also, Student Planners will be provided to each student Gr. 6-12 on the first day of school.



Christian Heritage School

575 White Plains Road Trumbull, CT 06611
Tel 203.261.6230 Fax 203.452.1531 www.kingmsen.org

Dear Parents,

If your student will be in grade **three, six or nine** for the 2010-2011 school year, a physical exam is required. The completed State of Connecticut form may be returned to me anytime between now and June 2011.

The blue State of Connecticut form was sent home with your student in June 2010, but if it was misplaced you may download a copy which is included in this "Summer Packet." Please call the main office if you have a question.

Sincerely,

Phyllis Honychurch RN
School Nurse

2010 - 2011

CHRISTIAN HERITAGE SCHOOL

MEDICAL PERMISSION FORM FOR OVERNIGHT CLASS TRIPS

Date: _____

Grade: _____

Student Name: _____

Birth Date: _____

Mother's Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Father's Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Other alternate emergency phone: _____ Relationship: _____

Special medical instructions (diet/activity): _____

Required medications (name, dosage, time): _____

(The nurse will contact you and discuss how to arrange physician authorization if it is not already in place.)

Allergies: _____

Date of last tetanus booster: _____

I understand that in the event of a medical emergency, every effort will be made to contact me for permission to diagnose and treat my child. In the event I cannot be reached, I give my permission for medical diagnosis and treatment deemed necessary in the judgment of a licensed physician for my child.

Parent Signature: _____ Date: _____

Insurance Company: _____ I.D. Number: _____

Please complete and return to Nurse's Office



State of Connecticut Department of Education Health Assessment Record



To Parent or Guardian:

In order to provide the best educational experience, school personnel must understand your child's health needs. This form requests information from you (Part I) which will also be helpful to the health care provider when he or she completes the medical evaluation (Part II).

State law requires complete primary immunizations and a health assessment by a legally qualified practitioner of medicine, an advanced practice registered nurse or registered nurse, a physician assistant or the school medical advisor prior to school entrance in Connecticut (C.G.S. Secs. 10-204a and 10-206). An immunization update and additional health assessments are required in the 6th or 7th grade and in the 9th or 10th grade. Specific grade level will be determined by the local board of education.

Please print

Name of Student (Last, First, Middle)		Birth Date	Sex
Address (Street)		Race/Ethnicity <input type="checkbox"/> American Indian <input type="checkbox"/> White, not of Hispanic origin <input type="checkbox"/> Asian <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Black, not of Hispanic origin <input type="checkbox"/> Other	
(Town and ZIP code)			
Home Telephone Number	School	Grade	
Name of Parent/Guardian (Last, First, Middle)			
Health Care Provider		Health Insurance Company/Number* or Medicaid/Number*	

* If applicable

If your child does not have health insurance, call 1-877-CT-HUSKY

Part I — To be completed by parent

***Important: Complete Part I before your child is examined.
Take this form with you to the health care provider's office.***

Please check answers to the following questions in columns on the left.
(Explain all "yes" answers in the space provided below.)

- | | Yes | No | |
|-----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Do you have any concerns about your child's general health (overall eating and sleeping habits, teeth, etc.)? |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Has your child been diagnosed with any chronic disease? <input type="checkbox"/> asthma <input type="checkbox"/> diabetes <input type="checkbox"/> seizure disorder <input type="checkbox"/> other _____ |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Does your child have any allergies (food, insects, medication, latex, etc.)? |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Does your child take any medications (daily or occasionally)? |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Does your child have any problems with vision, hearing or speech (glasses, contacts, ear tubes, hearing aids)? |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | Has your child had any hospitalization, operation, major illness or injury, or significant accident? (Please specify.) |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | In the last 12 months, has your child experienced any difficulty with wheezing, excessive coughing or excessive night waking? (Please specify.) |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | In the last 12 months, has your child experienced any difficulty with excessive weight loss or weight gain, or excessive thirst or urination? (Please specify.) |
| 9. | <input type="checkbox"/> | <input type="checkbox"/> | Does your child have health insurance? (If your child does not have health insurance, call 1-877-CT-HUSKY) |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | Does your child have dental insurance? |
| 11. | <input type="checkbox"/> | <input type="checkbox"/> | Would you like to discuss anything about your child's health with the school nurse? |

Please explain any "yes" answers here. For illnesses/injuries/etc., include the year and/or your child's age at the time.

I give permission for release of information on this form for confidential use in meeting my child's health and educational needs in school.

Signature of Parent/Guardian

Date

CHS MIDDLE SCHOOL RETREAT – FALL 2010

Lakeside Christian Camp and Conference Center – Pittsfield, MA

DATES: September 9-10, 2010
CHAPERONES: Middle and Upper School Faculty
DEPART CHS: Thursday, September 9, 8:00 a.m.
RETURN CHS: Friday, September 10, approximately 4:00 pm.
COST: Is included in the "Activities Fee" charged to every family; therefore there is no additional cost (**with the exception of snack money**).

WHAT TO BRING:

- Clothing: shirts, shorts or pants, one piece swim suits, sneakers, light rain gear
- Towel and Toiletries
- Bible and pen or pencils
- SLEEPING BAGS & PILLOWS (or sheets/blankets)
- Bug Repellent and Sunscreen
- DON'T OVERPACK- be prepared for light rain and keep in mind you might get dirty
- Please do NOT bring ipods or portable electronics (game systems, etc.) on the retreat.

The Middle/Upper School faculty and student body are excited about our Middle School Retreat as it is always a fantastic time of community building and getting our hearts and minds "centered" for the year ahead. It is our deepest desire, as a part of the foundation of who we are as a school, to develop students who truly know Jesus Christ and whose lives reflect that knowledge as they interact with one another. Our annual fall retreat is one way that we intentionally build into students in order to achieve this end. In addition to the sessions of worship and biblical challenge, students will have an opportunity to fish, swim, go on canoe rides, play volleyball, and participate in other outdoor activities

The address and telephone number of the facility which will be accommodating our Middle School Retreat can be found below:

Lakeside Christian Camp and Conference Center
195 Cloverdale St.
Pittsfield, MA 01201
413-447-8930

If you have any questions, please contact Cindy Keegan, Asst. Principal for the Middle School @ 203-261-6230 x574

Please sign and detach the portion below and return to Upper School Office by the first day of school, Sept. 1.

CHS Middle School Fall Retreat - 2010 (Permission Slip)

I give my child (*enter name*) _____ permission to attend the Middle School Retreat at Lakeside Camp in Pittsfield, MA and place him/her under the care of CHS chaperones. I have reviewed with my son/daughter the behavioral and conduct expectations outlined above and in the CHS Student Handbook (2010-2011) particularly in regards to curfew and the prohibition of drugs, alcohol, and tobacco. A student who violates these expectations, or is in the company of a student involved in these violations, will be subject to immediate discipline to include, but not limited to, being sent home early at the student's expense. All medications must be submitted to one of the chaperones with a parent's note.

Thank you in advance for your part in making this a positive and successful trip for all involved. We appreciate your cooperation.

Parent Name (Printed)

Parent Signature

Parent Phone Number

Emergency Name

Emergency Phone Number

Student's Signature

CHS HIGH SCHOOL RETREAT – FALL 2010

Young Life's Lake Champion – Glen Spey, NY

DATES: September 9-10, 2010
CHAPERONES: Upper School Faculty
DEPART CHS: Thursday, September 9, 8:00 a.m.
RETURN CHS: Friday, September 10, approximately 4:30 p.m.
COST: Is included in the "Activities Fee" charged to every family; therefore there is no additional cost to families **(with the exception of snack money)**.

WHAT TO BRING:

- Clothing- shirts, shorts or pants, one piece swim suits, sneakers, light rain gear
 - Towel and Toiletries
 - Bible and pen or pencils
 - **NO SLEEPING BAGS & PILLOWS** (linens and pillows will be provided)
 - Bug repellent and sunscreen
 - **Bag lunch for Thursday, 9/9**
 - Please don't OVERPACK!
 - You may bring ipods for use on the bus only. After that, they need to be stored for the remainder of the retreat.
-

The Upper School faculty and student body are excited about our High School Retreat as it is always a fantastic time of community building and getting our hearts and minds "centered" for the year ahead. It is our deepest desire, as a part of the foundation of who we are as a school, to develop students who truly know Jesus Christ and whose lives reflect that knowledge as they interact with one another. Our annual fall retreat is one way that we intentionally build into students in order to achieve this end. In addition to the sessions of worship and biblical challenge, students will have an opportunity to hike, fish, swim, go on canoe rides, play volleyball, and participate in other outdoor activities. The accommodations and facilities are outstanding.

The address and telephone number of the facility which will be accommodating our High School Retreat can be found below: *Cell phones generally do not work at the facility, so if you need to contact your child in the event of an emergency, it is best to use the camp number below.*

Young Life's Lake Champion
247 Mohican Lake Rd.
Glen Spey, NY 12737
845-856-6871

If you have any questions, please contact Shawn Haggerty, Director of Student Ministries @ 203-261-6230 x542

Please sign and detach the portion below and return to Upper School Office by the first day of school, Sept. 1.

CHS High School Fall Retreat - 2010 (Permission Slip)

I give my child (*enter name*) _____ permission to attend the High School Retreat at Lake Champion in Glen Spey, NY and place him/her under the care of CHS chaperones. I have reviewed with my son/daughter the behavioral and conduct expectations outlined above and in the CHS Student Handbook (2010-2011) particularly in regards to curfew and the prohibition of drugs, alcohol, and tobacco. A student who violates these expectations, or is in the company of a student involved in these violations, will be subject to immediate discipline to include, but not limited to, being sent home early at the student's expense. All medications must be submitted to one of the chaperones with a parent's note.

Thank you in advance for your part in making this a positive and successful trip for all involved. We appreciate your cooperation.

Parent Name (Printed)

Parent Signature

Parent Phone Number

Emergency Name

Emergency Phone Number

Student's Signature



Transportation Information

Town of Trumbull Residents

School bus service is provided free of charge for residents of the Town of Trumbull. Your child's name will be submitted to the Trumbull Transportation Department to enable them to use the Trumbull school bus service to and from school. Please fill out the following information and return to the Main Office as soon as possible. Please specify whether your child(ren) will be taking the bus both ways or only one way (AM pick up or PM drop off). This usually takes about one week to be set up. CHS will notify you when the stop is in place and where the pick up and/or drop off will be located.

Parent Name: _____ Email Address: _____

Street Address: _____ Phone: _____

Child(ren)'s Name: _____ Grade: _____

_____ Grade: _____

- My child(ren) will ride the school bus **both AM and PM.**
- My child(ren) will ride the school bus for **AM pick-up ONLY.**
- My child(ren) will ride the school bus for **PM drop-off ONLY.**

Private Busing Service

CHS has a contract with B&B Transportation to provide busing for students who do not reside in Trumbull. Last year buses traveled north on the Merritt Parkway beginning at Exit 38 and picked up students at the various commuter lots right off the exit ramps. A down payment of \$1600 is due on or before August 27 for this service with the final balance (to be determined) due on January 1st. For routes and general information, please contact Deb Scudder in the Main Office at 203.261.6230 ext. 501 or dscudder@kingsmen.org. Please indicate your interest on this form and return it to the Main Office. For questions regarding costs or billing, please contact Silvia Lawlor in the Finance Office at 203.261.6230 ext. 511 or slawlor@kingsmen.org.

- I am interested in using the B&B Transportation Service.

Carpooling

CHS students come from over 40 different communities and carpooling is encouraged! A family phone directory is published in September and given to each family. Please feel free to use this directory to call other CHS families to arrange carpooling. Parent Teacher League representatives and buddy families are an excellent resource to help you facilitate logistics.

Athletics at CHS

The CHS Athletic Philosophy

The athletic program at Christian Heritage is designed to help students at all levels of athletic ability enhance their skill and grow in their appreciation of physical fitness. Whether a student-athlete is a potential Division I collegiate prospect or just interested in participating solely for the enjoyment of competing, our athletic program offers something for everyone. We encourage all students to participate in at least one sport. A student's involvement in athletics at Christian Heritage will teach them the importance of teamwork, sportsmanship and hard work; all in a safe and character-building Christian environment. Many of our coaches are full or part-time faculty members as well, allowing our student-athletes to form a bond with their coaches that extend beyond the classroom.

Eligibility & Requirements

Students from 6th to 12th grade are eligible to compete in inter-scholastic programs. We offer sports at the Middle School, Junior Varsity and Varsity levels. Sports currently offered include basketball, baseball, softball, soccer, volleyball, tennis, cross country and ultimate frisbee. All students that plan on participating in athletics in the 2010-2011 school year at any level are required, along with their parents, to attend the CHS Athletics Kickoff Meeting on Tuesday, September 7th at 7:30pm, to read the CHS Athletic Expectations & Eligibility Requirements, sign off on the Blue & White Policy, and fill out and sign off on the CHS Athletics Contact & Parent/Student Acknowledgement Form prior to a student's participation in any sport. Students must also have a current CHS Athletic Team Health Examination & Recommendations Form on file prior to trying out for any sport. All of these need to be completed once per year.

Athletic Offerings for 2010-2011

FALL (Tryouts begin the week of Aug. 23rd)

- Soccer: Boys' & Girls' Varsity, Boys' JV, Boys' & Girls' Middle School
 - *Note: The Boys' & Girls' JV & Varsity teams are conducting summer workouts on the CHS back field. Also, a pre-season retreat is scheduled for August 25th - August 28th for the Boys' & Girls' Varsity teams in Valley Forge, PA.*
- Volleyball: Girls' Varsity, Girls' JV
- Cross-Country: Co-ed Varsity
 - *Note: Those interested should be running on their own in the summer to be ready for the season.*

WINTER (Tryouts begin the week of Nov. 15th)

- Basketball: Boys' & Girls' Varsity, Boys' & Girls' JV, Boys' & Girls' Middle School
 - *Note: Boys' & Girls' Varsity & JV teams conducting team summer workouts. For more information, contact Coach Vieira at (203) 216-8937.*

SPRING (Tryouts begin the week of Mar. 21st)

- Baseball: Boys' Varsity, Boys' Middle School
- Softball: Girls' Varsity
- Tennis: Boys' & Girls' Varsity
- Ultimate Frisbee: Boys' Varsity

Please check the CHS Athletics Website (<http://www.kingsmen.org/athletics/program.html>) during the season for exact tryout dates along with complete practice and game schedules.

Athletic Expectations & Eligibility Requirements (2010-2011)

Parents, we request that you read through these guidelines and expectations with your son/daughter.

Thank you for your support. We look forward to a great season.

Attendance

Attendance is required at all practices/games. A student who has given advance notice, in writing, from his/her parents to the coach may be excused from a practice/game. This is for *unavoidable* conflicts only.

Conduct

As a student representative of CHS, you will be expected to maintain a positive level of Christ-honoring conduct. Specifically:

- Demonstrate respect toward officials, coaches, team members, and opponents (this applies to parents and fans as well).
- Exemplify sportsmanship throughout all practices and games.
- Use appropriate conduct and adhere to the dress code (as specified by the coach) while traveling with your team.

Expectations

- To strive to perform to the best of your ability at all times.
- To complete school assignments thoroughly and on time.
- To maintain a positive level of classroom behavior.
- To demonstrate a consistent level of respect for all faculty, staff, administration, visiting adults, and other students.
- To support the general school guidelines and expectations.

Eligibility Requirements

- Academic updates for all co-curricular participants will be given by teachers throughout the year. Students may be placed on co-curricular suspension due to unsatisfactory faculty reports. **Students may be immediately ineligible for any co-curricular involvement if teachers report missing assignments.** These assignments must be turned in before eligibility will be reinstated.
- Student academic status will be formally monitored with each interim and report card. A student will be declared ineligible from co-curricular activities until the next scheduled interim or report card if a student is placed on Academic or Disciplinary Probation 2 or 3 (please consult your handbook for the details).
- Students must report to school no later than 11:00am on the day of an athletic activity (practices or games) in order to participate, unless approval has been arranged.
- School detentions/suspension will result in team disciplinary action and may result in immediate dismissal from the athletic team.

Make-up Work for Classes Missed Due to Co-Curricular Events

When students leave school early for an athletic event, it is the **student's responsibility** to check with their teacher(s) **before leaving** to see what assignments will be missed. Any projects or homework due must be handed in **before leaving** unless alternate arrangements have been approved by the teacher. Students must also make arrangements **before leaving** for an athletic event with teachers as to when any tests or quizzes that will be missed will be made up.

Blue & White Policy (2010-2011)

*“For God has not given us a SPIRIT of fear, but of power, and of love, and of a sound mind.”
(2 Timothy 1:7)*

Initials

Sportsmanship – We will strive for the Sportsmanship Award in all leagues.

“A soft answer turns away wrath.” (Proverbs 15:1)

As a CHS student-athlete, I will be mindful of both my approach and response to all referees, opponents, and our coaches at all times. _____

Pride – We will demonstrate school pride, not personal pride.

“Pride goeth before destruction and a haughty spirit before a fall.” (Proverbs 16:18)

Self-pride leads to your own fall; team pride to the fall of our opponents. As a CHS student-athlete, I will focus on team accomplishments, not my own. _____

Initiative – We will become leaders, not followers.

“Whatsoever thy hand findeth to do, do it with thy might.” (Ecclesiastes 9:10)

Leaders realize that anything worth doing is worth doing well. Everyone can lead, regardless of their ability. As a CHS student-athlete, I will strive to be first to practice, first to give credit to others, and first to give the glory to God. _____

Responsibility – We will be responsible for our own actions and not blame others.

“All things are lawful, but not all things are expedient.” (1Cor 6:12)

As a CHS student-athlete, I understand that I have the responsibility to turn in my assignments on time, show up to all events on time, and to maintain my grades during the season and in the off-season. _____

Inspiration – We will look to God for our inspiration, not celebrities.

“Remember now thy Creator in the days of thy youth.” (Ecclesiastes 12:1)

Too many young people model their behavior, sometimes even unknowingly, after star athletes or other celebrities. As a CHS student-athlete, I will look to Jesus as the example by which to live and maintain Christian character at all times, on the field and off. _____

Teamwork – We will work as a team to accomplish our goals.

“...a threefold cord is not easily broken.” (Ecclesiastes 4:12)

Leaders realize that they cannot be truly successful alone. Teamwork is essential in athletics and in life. As a CHS student-athlete, I will acknowledge all my teammates as important parts of my team and be a team player at all times. _____

Student Name (Printed): _____

Date: _____

CHS Athletic Contact & Permission Form (2010-2011)

Contact Information

Student-Athletes Name: _____

Sports Student Will Likely Tryout Out For:

Fall Sports

Soccer

Volleyball

Cross Country

Winter Sports

Basketball

Spring Sports

Baseball/Softball

Tennis

Ultimate Frisbee

Student Contact Phone Number: _____

Student Contact E-Mail: _____

Parent Contact Phone Number: _____

Parent/Guardian E-Mail: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Athletics Permission

I hereby grant permission for my son/daughter to participate on and travel with the CHS team(s) listed above. As required, I confirm that he/she:

had a physical within the past year and have submitted a completed Health Examination Form to the CHS nurse's office prior to the first day of practice. If this has not yet been completed, it will be on or about _____.

has read or will read the Athletic Expectations and Eligibility Requirements and agree to comply with the specific guidelines and with the spirit and general principles of these expectations.

has read or will read and initial the Blue & White Policy.

Transportation Permission

This applies to practices and games off the CHS campus (please check one). My son/daughter:

has my permission to transport teammates and/or be transport by a teammate to practices or games.

does not have my permission to transport teammates and/or be transported by a teammate and must be transported by the coach or another adult.

CHS ATHLETIC TEAM HEALTH EXAMINATION & RECOMMENDATIONS (GRADES 6-12)

Name _____ **Date of Birth** _____ **Sex** _____
Grade _____ **Sports** _____
Personal Physician _____ **Physician Phone Number** _____

Please fill in details of "YES" answers in space below.

	YES	NO		
1. Have you ever been hospitalized?	_____	_____		
2. Have you ever had surgery?	_____	_____		
3. Are you presently taking any medication or pills?	_____	_____		
4. Do you have any allergies (medicine, bees, other stinging insects)?	_____	_____		
5. Have you ever passed out during or after exercise?	_____	_____		
6. Have you ever been dizzy during or after exercise?	_____	_____		
7. Have you ever had chest pain during or after exercise?	_____	_____		
8. Do you tire more quickly than your friends during exercise?	_____	_____		
9. Have you ever had high blood pressure?	_____	_____		
10. Have you ever been told you have a heart murmur?	_____	_____		
11. Have you ever had racing of your heart or skipped beats?	_____	_____		
12. Has anyone in your family died of heart problems or sudden death before age 50?	_____	_____		
13. Do you have any skin problems (itching, rash, acne)?	_____	_____		
14. Have you ever had a head injury?	_____	_____		
15. Have you ever been knocked out or unconscious?	_____	_____		
16. Have you ever had a seizure?	_____	_____		
17. Have you ever had a stinger, burner, or pinched nerve?	_____	_____		
18. Have you ever had heat cramps?	_____	_____		
19. Have you ever been dizzy or passed out in the heat?	_____	_____		
20. Do you have trouble breathing or cough during or after exercise?	_____	_____		
21. Do you use special equipment, pads, braces, mouth or eye guards?	_____	_____		
22. Have you ever had problems with your eyes or vision?	_____	_____		
23. Have you had a medical problem or injury since your last exam?	_____	_____		
24. Have you ever sprained/strained, dislocated, fractured/broken, or had repeated swelling or other injuries of any of your bones or joints?				
_____ Head	_____ Neck	_____ Chest	_____ Back	_____ Hip
_____ Shoulder	_____ Elbow	_____ Forearm	_____ Wrist	_____ Hand
_____ Thigh	_____ Knee	_____ Shin/Calf	_____ Ankle	_____ Foot
25. Have you ever had any other medical problems such as:				
_____ Mononucleosis	_____ Diabetes	_____ Asthma		
_____ Hepatitis	_____ Headaches (frequent)	_____ Tuberculosis		
_____ Eye Injuries	_____ Stomach Ulcer	_____ Other: _____		
26. When was your last tetanus shot? _____				
When was your last measles immunization? _____				
27. When was your first menstrual period? _____				
When was your last menstrual period? _____				
When was your longest time between periods last year? _____				

Explain "YES" answers here: _____

Parental Permission: I hereby authorize the CHS coaches and/or officers to make arrangements for medical assistance required by _____ in my absence, during practice sessions or games.

Parent/Guardian Signature _____ Date _____
 Home Phone _____ Insurance Co. _____ ID # _____

PHYSICAL EXAMINATION FORM

(For CHS Athletics)

Height _____

Weight _____

BP _____ / _____

Pulse _____

Visual Acuity R: 20 / _____
Corrected? Y N

L: 20 / _____
Pupils _____

		Normal	Abnormal
Cardiopulmonary	Pulses	_____	_____
	Heart	_____	_____
	Lungs	_____	_____
Skin		_____	_____
Abdominal		_____	_____
Genitalia		_____	_____
Musculoskeletal		_____	_____
Neck		_____	_____
Shoulder		_____	_____
Elbow		_____	_____
Wrist		_____	_____
Hand		_____	_____
Back		_____	_____
Knee		_____	_____
Ankle		_____	_____
Foot		_____	_____
Tanner	I II III IV V		

CLEARANCE / RECOMMENDATIONS

Clearance:

A. Cleared

B. Cleared after completing evaluation and rehabilitation for:

C. Not cleared for:

- | | |
|-------|-----------------------------|
| _____ | Collision |
| _____ | Contact |
| _____ | Non-Contact |
| _____ | Strenuous |
| _____ | Moderately Strenuous |
| _____ | Non-Strenuous |

Due to: _____

Recommendation: _____

Examined by: Physician Name _____ Date _____

Address _____ Phone _____

Physician's Signature _____



Christian Heritage School

575 White Plains Road Trumbull, CT 06611
Tel 203.261.6230 Fax 203.452.1531 www.kingsmen.org

Summer 2010

Dear K-5th Grade Parents,

It is August and time to begin to think about the upcoming school year! ***After School Zone*** is back and will begin on Thursday, September 2. Our updated information and registration forms are enclosed. They are also currently available online at www.kingsmen.org or you may pick up a copy in the main office. Please remember that payment and completed registration form must be received **before** your child is able to attend our ***After School Zone*** program.

For those who are new to CHS this year, ***After School Zone*** is a program designed for those who may need childcare assistance on a regular weekly basis. This program is for K-5th graders and meets every day from 2:30-5:30. ***After School Zone*** provides a safe, fun, neighborhood environment right at CHS! Each afternoon, a simple snack is provided and children enjoy outside play (weather permitting). There is also a small library of books, games, and puzzles for younger students to enjoy. Students in grades 3-5 usually work on their homework assignments and there are two ***After School Zone*** staff members who care for the children each afternoon. Please feel free to contact me at pbristol@kingsmen.org.

Serving Him,

Pam Bristol
After School Zone director
pbristol@kingsmen.org

Christian Heritage School
After School Zone - Registration Form

1. Student Name: _____ Grade: _____ Age: _____

2. Student Name: _____ Grade: _____ Age: _____

Parent Names: _____

Address: _____

Email: _____ Home #: _____

Father's Cell: _____ Mother's Cell: _____ Work: _____

Allergies or concerns (food allergies, asthma, bee stings, medication): _____

Names of those ALLOWED TO PICK UP your child: (phone # and relationship):

No one under 16 years of age is allowed to pick up your child (this includes older siblings)

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Emergency contacts (other than parents): these contacts have permission to pick up children:

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Please note: A copy of an official court order is required to disallow pick-up by a parent. Are there any persons **NOT ALLOWED** to pick up your student(s)?

Name: _____ Relationship: _____

After School Zone Scheduling: Hours: Monday – Friday, 2:30 – 5:30 p.m.

Our program recognizes that your after school schedule may change at any time. In order to ensure our students' safety, it is required that you provide our Director/Staff with a weekly schedule. If for any reason your child will NOT be attending on their scheduled day, it is required that some kind of communication, either written or verbal, takes place with the ***After School Zone*** Director/Staff on or before the scheduled day of attendance. Please provide a general description of your ***After School Zone*** schedule needs at this time. (For example: every Monday, Tuesday, and Wednesday until 4:30). Our program recognizes that this is not your permanent schedule. Please indicate which days of the week and times you will be picking up your child:

Monday _____ Tuesday _____ Wednesday _____ Thursday _____ Friday _____

After School Zone Payments

All students must have been paid for before attending ***After School Zone***. For payment, please make checks payable to CHS and drop them off in the Main Office. Please check one of the following:

- Unlimited Use: \$2,400 per year (\$1,200 due by 9/2/10; \$1,200 due by 1/3/11)
- Occasional Use: \$230 for 30 hours (when hours get down to 10 hours, you will be reminded to purchase more hours). These hours will not be refunded or rolled over to the next year.
- Emergency Use: \$10 per hour. This payment must be received at time of pick-up. This form must be filled out with medical concerns for us to keep on file.

Late charge \$10 per quarter hour after 5:45 p.m.

By signing this agreement, you understand that your child(ren) will not be allowed to attend ***After School Zone*** until your payment is made (Unlimited Use) or is continued to be paid (Occasional Use). You agree that the Program begins on scheduled school days upon school dismissal and runs until 5:30 p.m. You understand that parents who are tardy picking up their children will be asked to pay the late fee. You agree that you will notify the ***After School Zone*** Director/Staff and the classroom teacher in advance if the student will not be attending a scheduled ***After School Zone***. You will notify us if someone other than a parent is picking up your child.

Signature of Parent/Guardian

Date

After School Zone Discipline Policy

A child is accepted into this program contingent on their ability to function cooperatively within this program structure. When disciplinary action is called for, first a verbal warning is given and then, if necessary, the child will be given a time-out of appropriate length. Parents will be notified regarding inappropriate behavior, i.e.:

- Disobeying the staff
- Talking back or arguing with the staff
- Physical contact between students (pushing, grabbing, etc.)
- Lying to the staff.

If the inappropriate behavior continues, and attempts to correct the problems are ineffective, ***After School Zone*** reserves the right to remove the child for a number of days from the program. After the child has been removed for a number of days, and then returns and still has inappropriate behavior, the child will be removed for a longer duration of time.

Your signature below signifies your understanding and agreement of this discipline policy.

Signature of Parent/Guardian

Date